

Cookbook for Calhoun County Youth Center

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Chicken Fried Rice

Servings:	40.000	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56151
School:	Calhoun County Youth Center		

Ingredients

Description	Measurement	DistPart #
RICE PARBL STRONGBOX	9/10 Quart	722987
OIL SALAD VEG SOY CLR NT	19 1/5 Tablespoon	292702
EGG SCRMBD LIQ MIX	40 Ounce	533149
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	64 Ounce	570533
ONION VIDALIA SWT	4/5 Gram	558133

Preparation Instructions

1. Heat large sauté pan over medium-high heat. Swirl in 1/3 of the oil.
2. Add the whisked eggs. Use a spatula to scramble eggs, breaking into smaller curds. Transfer to container.
3. Add another 1/3 of the oil to the pan.
4. Add the chicken and cook for 4–5 minutes or until 165°F for 15 seconds.
5. CCP: Hot hold at 155°F or higher.
6. Add the remaining oil to the pan.
7. Add diced onion and cook for 1 minute, until soft.
8. Add the minced garlic and ginger. Cook until fragrant (30 seconds).
9. Add diced carrots and cook for 2 minutes, stirring.
10. Add peas and stir to incorporate.
11. Add the rice and stir. Smash large chunks of rice.
12. Add soy sauce and sesame oil. Stir to incorporate. Taste and adjust.
13. Add cooked eggs and chicken. Stir to combine.
14. Cook another 3 minutes.
15. CCP: Hot Hold at 155°F or above.